

the diamonds is a stud and long-pointed

drop of crystal, nearly every color possible being represented. The bodice was to have

tabbed basques over a stomacher jeweled in

the same manner.

A favorite way of using embroidery is in

yokes, either square, round or pointed, with the pelerine-like frills surrounding them.

The square yokes are more often used in dresses with the bodices gathered on with a

little heading, the round and pointed ones appear in out-door pelerines. These will be the most fashionable garments possible and will be even introduced in lace on house

oresses and tea-gowns. Generally speaking the out-door ones will be made of the same

stuff as the dress, and will be varied in style. Some of them hang down straight, some are

flung up on one shoulder, and some form a jabot narrowing off into nothing on each

side of the yoke. The two last styles serve

to snow off the linings, which are excessively

lemon - colored

silk. The yoke is

richly embroi-

collar is a Medicis

broidery, lined with yeilow. The close-fitting skirt,

over which it was

to be worn, was

ornamented in the same way and had

long, narrow, em-broidered pockets,

from each of which

delicate and carefully chosen.

There are two examples of out-door pele-

Bronze Chip Hat.

hung a pendant of grey and gold beads. The yoke of the second was

in dark brown velvet, with the usual Medi-

cis collar, and was embroidered in a deti

pelerine hung straight and was in biscuit-

colored cloth, with pinked-out edges and silk lining shot with blue and pink.

An India Silk Gown,

pelerine is used to good advantage is one in white lace over buttercup silk. The lace robe is made with a train, and the bodice is carelessly crossed and draped in soft folds, apparently fastened only by the silk sash and its big rosette. The pelerine is of the

pleated Anne of Austria style, just reaching to the shoulders, where it is puffed into

high epaulettes. For simpler gowns the figured delaines and silks are charming and

infinite in variety, but they are always made

A beautiful combination is shown in one

of the illustrations. It is of pale cornflower

blue bengaline, and crepe de chine just a nuance darker. The draping, shoulder

pulls and sash are of crepe de chine; brown-ish purple pompous finish the bag ends of the latter. The fancy open-work straw hat is cream-colored and trimmed with full

bunches of cornflowers nestling in coquilles

of lace; the same flowers are placed under

At the opening of the new manege in the

Galerie des Machines yesterday, I noted a few striking toilettes. One of these was in

cloth the lighter shade of the cornflower.

The skirt was trimmed with straight verti-

cal lines of gold braid, a long and a short one alternately, and each fastened at the top by a round gold button. Over this skirt

were plain redingote panels, and at the top of each hung a slightly full bag panier lined with white faille, the seam being hidden under a girdle of gold and colored stones that ended at the edge of the paniers in hanging golden

drops. The tight-fitting bodice showed the timest line of a white faille waistcoat, and

had a trimming of braid and buttons put on in Vs, with the point downward. The

sleeves were almost the most noticeable feat-

ure of the dress. They were full and high, of blue cloth, falling open on the inner side, to show an under sleeve of white mille, em-

broided in gold. The high cuffs were trimmed to match the bodice, and the straight collar fastened with a gold horse-

A simpler gown in make was of white cloth, with an absolutely plain skirt and an open coat, with long battlemented basques edged with a narrow byzantine braid. The

broad belt, or corselet, and straight collar were of old Byzantine embroidery, and be-tween the two appeared a gathered vest of

shoe over the inner one of white.

the brim in front.

cate tracery of dull and bright gold

A PARIS FASHION LETTER.

Delicate Colors the Rule This Seaso Some Charming Designs for Evening and Out-of-Door Gowns-Bewitching Millinery-Embroiderles Used in Abundance

-Feminine Fancies. Paris, April 22.-The new materials for spring and summer wear are as a rule most

dressy gowns the colors are most delicate and the combinations, though daring, are generally artistic. Pear gray faced cloth, with a broad band of vieux rose round the bottom of the skirt, with galon and passementerie or stone embroidery recalls the two colors in one prrangement, while mother is in helictrope, with a pale

A Dinner Gown. ' sea-green band and gold braiding, and a third in light blue and nimosa yellow. Yellow is to be very much worn in all sorts of shades, mimosa; lemon buttercup, orange and coeur de lys, and will be specially used in linings and slips under lace robes. Blue, beliotrope, mauve, and even pink are all to be lined with it, and the effect is good when the suitable tones are found.

For more serviceable dresses nothing would seem to be more fashionable than gray in every imaginable shade, and next to gray come beige and light browns. Irongray hairy stuffs, so hairy as to look almost furry, are made quite plain, with the far pleats behind, which still appears to be the prevailing style for the backs of morning dresses. The bodice of such a gown would be plain and tight-fitting, with the long added basques, which in one form or an-other appear in nearly every garment. The sleeves would be only moderately high, and would button at the wrist with cut-steel buttons to match those that fasten the dress in front. Steel-grav cheviots are made in the same way, often with a band of the same material cut on the cross round the foot, put

on with a narrow satin heading.

The dress shown in the initial is intended for an afternoon reception or a dinner party. The bodice can be silk or velvet, hand braves or trimmed with passementerie. The inner vest is chiffen, which is brought out in a straight full fall to the feet The skirt is silk and the train may be silk or velvet. It is very slightly long. If the sleeves are velvet the puffs must be silk. A charming walking costume is composed

of plain pearl-gray mousseline-de-laine, made with a plain sheath skirt, fan-pleated at the back over a silk foundation. A hem four inches wide is turned up on the right side and put on with pale pink piping. The sleeves and front are of mousseline-de-laine dotted with



behind and had large reponses silver buttons

Nothing is too rich in material or color to are designed, and have cabochon centers at the bottom of the panels, which are eat

than ever, and prettier int The brouze chip hat, shown herewith has

The brongs chip hat, shown herewith has its brim strengtheaed with a straw lining of a similar color. A ruche of green gauge ribbon, narrowly edged with black velvet, surrounds the crown and is tied in bows in front and back. Bunches of anemones in mauve and yellow shades are beld by the front and on the back of the crown.

STRAWBERRIES ARE HERE.

The Most Wholesome Delicacy That Con to Market-What High Authorities Say-Eilice Serena Gives a Number of Recipe for Utilizing the Blushing Berry.

indulging the appetite in one of the most delicate and fragrant of edible fruits. Old man which appropriately voices the sentiment of mankind with the precision and exactness of a proverb or a maxim. The saying, we fear, may now be regarded trite, but nevertheless it will be often heard. Isaak, "as Dr. Botelar said of strawberries, 'Doubtless God could have made a bet-ter herry, but doubtless God never did.' To this high clerical authority will be added that of Cardinal Woolsey, who it is said "first taught us that strawberries and cream were intended by a benificent nature to set

recommended by physicians in cases of fever; and it may be safely eaten at almost any time, and often when other fruits are not allowed. It is sub-acid (that is, moder-

riues. The first is in brownish grey cloth shot with pink, and lines with end of June is regarded their season with us. The following reliable recipes may be re-ferred to when a choice dessert is desired: dered in grey and gold, and the fronts of the cloth

Mash a quart of strawberries, add one-half cupful of sugar and press through a sieve. Boil for 20 minutes one-half cupful of sugar and 1½ cupfuls of water. Add one-half box of getatine to the boiling syrup. Remove from the fire and pour in the berry juice. Set in a pan of ice and beat for five minutes. Add the frothed whites of four eggs, the juice of one lemon and beat until the mixture begins to thicken.

Sweeten a quart of firm, fresh, ripe straw-berries to taste. Mash fine, add the beaten whites of four eggs and set on ice. Serve very cold covered with cream.

Remove the caps or hulls from fine, large ber ries and slice with a silver knife. Sift with powdered sugar and add orange juice.

Make a soft batter of one pint of flour, two level teaspoonfuls of baking powder, a pinch of salt and some milk. Drop into well greased cups a spoonful of batter, then a spoonful of berries, then another spoonful of batter. Steam for 20 minutes and serve with sauce.

Strawberry Cream.

Mash a quart of fresh, ripe strawberries with a cupful of powdered sugar. Pass through a hair sieve. Dissolve one and one-half ounces of getatine in a pint of sweet milk. Strain and add one pint of whipped cream and the berry juice. Pour in a wet mold and set to stiffen.

Arrange the berries in the preserving kettle with sugar, using three-fourths of a pound of sugar to one pound of berries. Place the kettle on the back part of the stove, and when the sugar dissolves let the berries come to the boil. Stir from the bottom, remove from the fire and

Beat a large tablespoonful of butter to a cream. Stir in gradually one and one-half cup-fuls of powdered sugar and the beaten white of one egg. Beat until quite light, and when about to serve add a pint of mashed straw-

Strawberry Pie. Bake carefully some paste shells. When cool fill with sugared berries and cover with

Cut sponge cake in stices, and moisten with strawberry juice. Line a deep dessert dish with the cake and fill in with slightly crushed and sweetened berries. To the frothed whites of three eggs add two or three spoonfuls of powdered sugar. Beat well and drep in a little of the berry juice. Heap this on the berries and keep cool until ready to serve

Strawberries in Jelly.

Soak a package of gelatine in one-half pint of cold water for two hours. Dissolve with a pint of boiling water. Add one-half pint strawberry juice, one-half mint of sherry, the juice of one lemon, and punt of sugar, Sir until the sugar is dissolved and then strain. Place mold on ice and pour jelly an inch deep. When firm put in layer of berries. Pour in cold liquid jelly, just enough to wet them. When firm cover with jelly, and so continue with berries and jelly until the mold is full. When ready to turn out the berries dip the mold in tepid water. Serve with cream—plain or whipped.

Strawberry Short Cake.

Take two teacupfuls of sweet milk, one level Take two teacupfuls of sweet milk, one level teaspoonful of sugar, a teaspoonful of sait, two tablespoonfuls of butter and two heaping teaspoonfuls of baking powder. Into this mixture beat thoroughly two rounded teacupfuls of flour. Bake in layers in fodr jelly cake tins. Spread crushed berries and sugar between the layers. Serve with strawberry sauce or cream made as follows: To a cupful of bolling milk add two tablespoonfuls of sugar, a small pinch of sait, butter size of hickory nut and steaspoonful of dissolved constarch. Serve cold.

Make a good pie crust, enough for three layers, rolled a little thicker than for pies. Bake in jelly-cake tins. Sugar two quarts of pickled berries about 30 minutes before you bake the crust. Butter the layers while hot and spread the berries between, Serve with strawberry sauce or rich cream.

Make a boiled custard of a quart of milk and yelks of five eggs. Sweeten to taste and boil until it thickens to right consistency. Remove from fire and add flavorine. Take a half cupful of sugar and a pint of berries. Mash and pass through a fine sieve. Whip the whites of our of the eggs to a stiff froth and add gradually a half cupful of sugar, and then the strawberry juice, beating all the tume to keep it stiff. Heap this on top of the custard and keep in a cool place until ready to serve.

Cream together a cupful of sugar and a tablespoonful of butter. Add the beaten yelks of five eggs and two cupfuls of fine bread crumbs soaked in a quart of sweet milk. Flavor to taste and pour into a deep pudding dish and bake until the custand is set. Roll a pint of fresh, firm berries in powdered sugar, spread over the pudding and cover with a meringue made of the beaten whites and three tablespoonfuls of powdered sugar. Set in the oven for a moment to brown lightly.

Strawberry Dessert.

Seak one-half package of gelatine in one-half cupful of cold water for an hour. Add one cupful of sugar and the juice of half a lemon, Dissolve the gelatine with a cupful of boiling water. Stir well, set to cool and before it stiffens add a half plat of sherry. Add gradually to the beaten whites of three eggs the wine jelly. Into a wet mold put a layer of fresh strawberries, then a layer of jelly, and so continue until the mold is full. Set on ice until firm. Serve with cream.

Serve with cream, ELLICE SERENA.

NO ONE SLAVES LIKE THE WIFE

Man always needs a cook. A college professor, bereft of his wife, who had done his housework for years, engaged a cook at greater wages than had been the allowance at the top and close at the wrists, and on each front of the coat were small gold buttons. A dress that excited a good deal of interest whis more pecular than pretty. The back and one side were in black lace over heliotrope, and the other side in heliotrope and ersam striped size. The lace side was tight-fitting, the skirt and sleeves ornamented with cream ribbons embroidered in heliotrope. The striped side folded to the figure under a pointed ribbon belt and draped up on to the opposite shoulder with a creacent brooch. The back of the waist was gathered into the waisthand. The last dress I noticed was a very quiet one in gray cloth, with a long wiskeast.

The mate ials for evening dresses are ex-

The mate ials for evening dresses are ex-quisite, but need a letter almost to them-thing to do?

THE AFTERNOON TEA.

Mrs. Sherwood Tells How to Make It a Pleasant Entertainment

THE HISTORY OF THE BEVERAGE.

Dangers That Lurk in the Dried Leaves and How to Avoid Them.

RULES OF ETIQUETTE TO OBSERVE

PWRITTEN FOR THE DISPATCH. Jonas Hauney wrote a treatise against tea drinking in Johnson's time, and that vast nsatiable and shameless tea drinker took up the cudgels for tes, settling it as a brain inspirer for all time, wrote Rasselss. On the strength of it Cobbett wrote against its use by the laboring classes, and the Edinburgh Review indorsed his arguments, stating that "prohibition absolute and uncompromising of the noxious beverage was the first step toward insuring health and strength for the poor," and asserting that when a laborer ancied himself "retreshed with a mess of this stuff, sweatened with the coarsest brown sugar and by azure blue milk, it was only the warmth of the water which consoled him for the moment."

Cobbett claimed that the tea table cost more to support than would keep two children at nurse. The Quarterly Review, in an article written perhaps by the most famous chemist of the day, said that "tea relieves the pains of hunger rather by mehanical distention than by supplying the waste of nature by adequate sustenance," but claimed for it the power of calm, placid and benignant exhibaration, greatly stimulating the stomach when fatigued by di-gestive exertion and acting as an appropriate dilutent of the chyle.

Some More Favorable Literature. More recent inquiries into the qualities of the peculiar power of tea have tended to raise it in popular esteem, although no one has satisfactorily explained why it has become so universally necessary to the human race. An agreeable little book called "The beverages we indulge in. The herbs which we infuse"—or some such title—had a great deal to do with the adoption of ten as a drink for young men who were training for a boat race, or who desired to economize their strength in a mountain climb.

But everyone from the tired washer-woman to the student, the wrestler, the fine lady and the strong man demands a cup of tea. To the invalid it is the dearest soluce, if it is dangerous. Tannin, the astringent element in tea is, however, bad for delicate stomachs and seems to ruin appetite. Tea, therefore, should never be allowed to stand. Hot water poured on the leaves and poured off into a cup can hardly afford the tanni time to get out. Since tea drinkers even put the grounds in a silver ball perforated, and sling this through a cup of boiling water, thus is produced the most delicate cup of

How the Chinese Make It.

The famous Chinese lyric which is painted on almost all the Chinese teapots of the empire is highly poetical. "On a slow fire set a tripod, fill it with clear rainwater. Boil it as long as it would be needed to turn fish white and lobsters red. Throw this upon the delicate leaves of choice tea, let it remain as long as the vapor rises in a cloud. At your ease drink the pure liquid which will chase away the five causes of The "tea of the cells of the dragoous, he purest Pekoe from the leaf buds of

8-year-old plants, no one ever sees in But we have now secured many brands of tea which are sufficiently good, and the famous Indian tea brought in by the great Exposition in Paris in 1889 is tast gaining an enviable reputation. It has a perfect bouquet and flavor. Green tea, beloved by our grandmothers and still a favorite with some connoisseurs, has proved to have so much theine, the element of intoxication in that it is forbidden to nervous peo It is this element which makes tea save food by its action in preventing various wastes to the system. It is thus peculiarly accept-able to elderly persons—to the tired labor-ing woman. Doubtless Mrs. Gamp's famous

Prig contained green tea. The Mongolian Knows Its Dangers.

eapot with which she entertained Betsy

But there is an unusually large amount of nitrogen in theine, and green tea possesses so large a proportion of it as to be positively dangerous. In the process of drying and roasting this volatile oil is engendered. The Chinese dare not use it for a year after the leaf has been prepared, and the packer and nunacker of the tea suffer much from paralysis. The tasters of tea become frequently great invalids, unable to eat. Therefore our

invorite herb has its dangers.

More consoling is the legend of the origin of the plant. A drowsy hermit, after long wrestling with sleep, cut off his eyelids and cast them on the ground. From them sprang a shrub whose leaves, shaped like eyelids and bordered with a fringe of lashes, pos-sessed the power of warding off sleep. This was in the third century, and the plant was

But what has all this to do with that pleasant vision of a steaming kettle boiling over a blazing alcohol lamp, the silver ter-caddy, the padded cozy to keep the teapor warm, the basket of cake, the thin bread and butter, the pretty girl presiding over the cups, the delicate china, the more delicate infusion. All these elements go to make up the afternoon tea.

How the 5 O'clock Tea Originated. From one or two ladies who staid at home one day in the week and offered this refresh ment to the many, who grew to find that it was a very easy method of entertaining (the original 5 o'clock tes, which arose in Engand, from the fact that ladies and gentle men after hunting required some slight refreshment before dressing for dinner, and liked to meet for a little chat), out of this simple informal entertainment grew the present party in the day time. It now is used as the method of introducing a daughter, etc., and is the ordinary way of enter-

taining everybody.

The primal idea was a good one. People who had no money for grand spreads were enabled to show to their more opulent neigh-bors that they, too, had the spirit of hospi-tality. The doctors discovered that ten was healthy. English brenkfast tea would keep nobody awake. The cup of ten and the saudwich at 5 would spoil nobody's dinner. The ladies who began these entertainments receiving modestly in plain dresses were not out of tone with their guests, who came

in walking dresses.

But, then, the "other side" was this:
Ladies had to go to nine tens of an afternoon, perhaps taste something everywhere Hence the new disease, delirium "teamens. It was uncomfortable to assist at a large party in a heavy winter garment of velvet and fur. The afternoon ten lost its primitive character and became an evening party in the daytime with the hostess and her daughters in full dress and her guests in walking costume.

The Effects of Over-Indulgence, The sipping of so much tea produces the nervous prostration, the sleeplessness, the nameless misery of our overwrought women, and thus a healthful, inexpensive and most agreeable adjunct to the art of entertaining

agreeable adjunct to the art of entertaining grew into a thing without a name, and became the large gas-lighted ball at 5 o'clock where half the ladies were in decollete dresses, the others in fur tippets. It was pronounced a breeder of influenzas and the high roud to a headache.

It a lady can be at home every Thursday during the season, and always at her position behind the blazing urn, if she will have the firmness to continue this practice, she may create a salon out of her teacup.

In giving a large afternoon tee for which

FIGHTING THE FLESH.

Celia Logan's Second Letter on How to Get Rid of Adipose.

PROPER WEIGHT OF THE BODY.

Simple Measurements for the Physically Beautiful Woman.

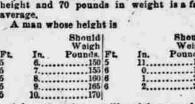
FIRST STEPS TO PREVENT OBESITY

All healthy babies are fat, but infancy is the only period of life when that condition is natural. The adiposity of infants is maintained by their milk diet, and gradually disappears when weaning commences and their digestive organs are required to assimilate other food.

If the excessive fat continues after the

child begins to walk it should be subjected to dietetic measures. At the same time no one should be skin and bone only. The body needs some fat to draw upon in disease when the normal supply of nourish ment is cut off, which brings to us the question of what is the exact provision made by nature for normal production of fat in the human frame.

Figures for Children and Men. A child in the 4th year should be three feet high and weigh more than 28 pounds; in the 6th year, 31/2 feet high and weigh 42 pounds; in the 8th year, four feet high and 56 pounds in weight; at 12 years five feet in height and 70 pounds in weight is a fair



A large boned man will weigh somewhat nore than one whose bones are small, even bough the height be the same-a raw be Highlander more than a small boned

How should a man who observes that he How should a man who observes that he is losing his slenderness ascertain whether he is growing too large? Let him measure his chest and waist and compare the figures. If the circumference of his waist exceeds that of his chest then he is verging upon corpulency, and it he desires to preserve his symmetrical proportions he should at once begin to train down. This is the only time when obesity is easily handled, the old proverb of "an ounce of prevention" being "worth a pound of cure" being true in this

What a Tailor Has to Say.

I have been informed by a fashionable ailor that for a man the waist measuremen and the inside trousers seam should be the same. That is, if the trousers leg is 32 inches, the waist should be about 32 inches. A margin of one or two inches does not matter much, and will be usually found in the case of very tall or very short men. This ratio of the waist and leg holds good in ordinary cases.

A woman whose height is

Should Weight

This table is for women between 20 and 45 years of sge. After that they become heavier. A woman should weigh but little less than a man in proportion to her height.
The bust of a perfectly formed woman should measure ten inches more than her waist. If the waist is laced in smaller than this the abdomen is pressed down and the bosom up, causing both to billow out to an unnatural size and compressing the waist too much for either health or beauty.

Figure of the Venus de Milo.

Refore the natural shape of a woman has been distorted, not to say deformed by tight lacing and maternity, her abdomeo, when she stands straight, should protrude very little if any, beyond the front line of her thighs. The abdomen should never be larger than the bust, which should measure at least five inches more than than the abdomen. The hips should measure one-third more than the shoulders. I am aware that a woman is considered to possess a very good figure if, when dressed, a plummet line dropping from the bust will form a straight line with the highest point of the abdomen, but in reality the plummet should fall clear of the abdomen by at least two inches. This

breath to take ones time going up stairs. Going up stairs should not tax the breathing powers any more than rapid walking now level ground, and does not in the case of stender persons. To have to stop to recover ones "wind" after climbing stairs is a sure indication that a person is "out of condition," and should be accepted as nature'

friendly warning to train down.

The Proper Time to Diet. Dieting should at once be begun, but there are among women as among men many who cannot resist the pleasures of the table. Others there are who really suffer when dieting is imposed upon them, and, moreover, have not the strength to walk off their unnecessary flesh. The majority of married women are circumscribed in their outdoor exercise owing to domestic duties, but if such women are fortunate enough to be such women are fortunate enough to be "keeping house" they have an easy, sure and inexpensive "reduction" process right in their own homes. It is to do their own chamberwork, not irregularly and by fits and starts, but persistently and continuously

The shaking of mattresses, making beds, sweeping and dasting with the windows open, the running up and down stairs while setting things to rights, is exercise consti-tuting the best of obesity cares. The doing of chamber work steadily has been known of chamber work steadily has been known to reduce a woman's weight at the rate of five pounds a week. Cooking, on the other hand, will add that much, Cooks are almost always stout, owing to their lack of outdoor exercise, the heat to which they are constantly subjected and their habit of tasting the dishes they prepare. If a girl is corpulent when she begins to do chamberwork she saon becomes stender. written is Brooke Herford's couplet ou "An | work she soon becomes sieuder. How the Cord Figures in Fiat Life.

The apartment house system has deprived women of one method of keeping ebesity at bay. The flats so much affected nowadays are generally so small that even when a are generally so small that even when a woman does her own housework she has little opportunity of obtaining the exercise made inevitable in a house containing many floors. There is little room to move about in a flat. Everything is upon the same floor and there is no going up and down stairs except in that private carriage of the amartment house, i.e., the elevator. Everyapartment house, i. c., the elevator. Everything is designed to prevent activity, except upon the cord. A cord is pulled to open the street door, another to set the sliding closet in motion. In an elevator you are pulled up and down stairs by a cord. You hang your clothes out of the window to dry on a cord. What would flat life be without the humble but inevitable cord?

When I first began to flesh up I lived in a flat. Like most women with a family and

where half the ladies were in decollete dresses, the others in fur tipnets. It was pronounced a breeder of influenzas and the high road to a headache.

If a lady can be at home every Thursday during the season, and always at her position behind the blazing urn, if she will have the firmness to continue this practice, she may create a salon out of her teacups.

In giving a large afternoon tea for which cards have been sent out the hostess should stand by the drawing room door and greet each guest, who, after a few words, passes on. In the adjoining room, usually the dining room, a large table is spread with a large table in his judgment, being adapted to most exercise. It is made to attend to, I could only give a whole, and normally develop the exterior muscles, while at the same time benefiting the vital organs.

If a lady can be at home every Thursday during the season, and always at her position behind the blazing urn, if she will have the firmness to continue this practice, these, in his judgment, being adapted to most naturally) develop the exterior muscles while at the same time benefiting like to some to attend to, I could only give a like to in flat. Like most women with a family and a home to attend to, I could only give a like the same time benefiting like to benefit a home to attend to, I could only give a like to most naturally develop the exterior a final like to benefit a home to attend to, I could only a home to attend to, I could only a home to attend to, I could a home to attend to, I could not always be out of doors, even though the weather were fine; bene

What work it was! and to think that little girls find pleasure in jumping the rope! Skipping Not Always Permissible.

I was cut short of my "happy thought" experiment by the neighbors, particularly the flatters living immediately beneath, who complained of the shaking of the walls, and declared they were afraid I would bring the house down. It was in the Buddenstek part of New York, and I was obliged to desire afrance. SOME VERY AMUSING MISTAKES. part of New York, and I was obliged to de-sist after two weeks' trial. I regretted this greatly, as I was then and am still of the fixed belief that a daily dose of rope-jump-ing will care adiposity, because the exercise brings the arms as well as the legs into act-ive motion, and jounces and stirs up the en-tire physical system, bringing into play the abdominal muscles, quickening respiration and the heart's action and ingreasing the and the heart's action and increasing the circulation of the blood. It has also a good effect upon the liver; so, too, has going up and down stairs, an excellent exercise for

the stout, especially women who are con-fined to the house by bad weather or home duties. They should begin slowly at first and not overtax their strength, going up once or twice only to begin with.

Like most persons when the fat is in process of forming I had a good appetite. Moreover, I could not then be brought to believe that eating certain articles of food causes corpulence, and, like many another, I wondered why food was given us by a beneficent Creator if not to be eaten. That still, I confess, is a puzzle to me. Eve, too, must also have conjectured why the fruit was made so tempting and placed within her reach if not to be plucked and eaten, but like her. I once or twice only to begin with. to be plucked and eaten, but, like her, I have had to accept the fact that there are many forbidden fruits and viands placed within our reach which we had better not

Discovered a Great Pannees

Entertaining the pleasant and popular view that food was created to be eaten, and suffering when deprived of it, I hailed with delight a certain obesity cure of which an English friend told me just after I finished my skipping rope act. It was the great English remedy, "Polysarcia," so well known that you have only to subscribe a letter "Polysarcia, London, England," to have it safely reach the proprietor of the anti-corpulent preparation. I was assured that it was not a dietary process, there was no fasting to be observed and no medicine to be taken, and yet it was so efficacious that when writing for particulars a bulky little when writing for particulars a bulky little pamphlet was sent to me containing certifipamphiet was sent to me containing certificates of "cure" from dwellers on "Greenland's icy mountains" and "India's coral strand" and most of the intermediate territory. Of what could this mysterious obesity

cure consist?

I lost no time in sending to England for some of this famous "Polysarcia." It arrived, and here I wish most emphatically to remark, that if any of these so-called remedies have failed to relieve me of my "loo solid flesh," the failure has been in no wise owing to my not following the given di-rections, for I have invariably done so to the very letter.

The mysterious and much vaunted "Poly-The mysterious and much vaunted "Polysarcia" proved to be a mixture of highly acidulated but not disagreeable tasts, of which one tablespoon was to be taken after each meal. Some years after my Polysarcian experience, I was talked into taking a gallon of "the microbe killer," the merits of which are heralded to the public by an admittance of the public of the publ advertisement of a man with uplifted club advancing upon a skeleton, presumably representing death about to be crushed to earth, and, unlike truth, never to rise again. Well, the famous Polysarcia and the skeleton exterminator might be twin medicines if similarity in taste could make them so. This much I can say of both of them—they did me no good, neither did they do me any

After the assurances I had received that no fasting was required in the great English anti-fat system I was surprised to find that I must abstain from one meal to which I had all my life been accustomed, namely, luncheon. In my next letter I will give the bill of instructions accompanying the "Polysarcian" drug exactly as I received it from London. Celia Logan.

EASTER BONNETS AND THE GRIP. The Spring Millinory Display Helped to Fatten the Graveyards.

A few days ago my attention was called to the circumstance that among the deaths in New York by the grip more than two-thirds of the number of victims were feminine. "Fashion is responsible for a good deal of this feminine mortality." said the doctor who mentioned the subject. "Fashion de-crees that women shall appear in new dresses and bonnets at Easter, regardless of the weather. If you were on the avenue on Easter Sunday you doubtless saw great numbers of these social butterflies who shivered in thin garments, though the day was more like a midwinter one than many days that we had during December and January. Two of my patients came to their death from colds caught during Easter week, colds which resulted in grip, grip in pneumonia, and pneumonia in the cemetery.

"The autocrat of all the Russias is charged with sending every year thousands of his andjects to the scaffold or to Siberia without trial, but he is far less cruel to those unde his authority than is the throneless despot whose decrees are periodically issued through the milliners and modustes, and always accepted without a murmur.

DRESSES OF A ROMAN BEAUTY.

ara Bernhard's Wardrobe Is Insignificant When Compared With Them. We read of Sara Bernhardt bringing with

her on her present tour to this country 45 trunks containing no lewer than a hundred gowns. That seems to us a wardrobe of extraordinary wastefulness and luxury, says the New York Ledger, but it would have seemed only a meager and shabby outfit to the great Roman ladies of the first century

of our era.
We are told on trustworthy authority that the dresses alone of Lollia Paulina, the rival of Agrippina, were valued at \$1,-666,000. Pliny relates that he saw her at a plain citizen's brids! supper literally covered with pearls and emeralds worth 40,-000,000 sesterces, equivalent in our money to \$1,500,000.

Another lavish beauty of neatly the same epoch, Lollia Sabina, never traveled with-out a train of 500 she asses, so that she might not miss her morning's bath of asses' milk. By the side of the Roman prototypes the most extravagant women of our own day seem thrifty. TURN ON THE LIGHT.

A Campaign of Education as to Electricity is Badly Needed.

District Messenger Boy Who Proved Faithful to His Trust.

IMPROVED METHODS OF LIGHTING

(WRITTEN FOR THE DISPATCH.)

In one of the New York comic papers last week was a picture representing the gymnastics indulged in involuntarily by a hayseed visitor at a hotel upon attempting to cut the wires of the incandescent lump in his bedroom. He wanted to find out what kind of gas they were burning in those newfaugled lights. This is by no means an exaggeration, and more than one electric light ompany can show letters asking them to orward a sample of their light, or inquir-

ing how much it would cost per gallon. Not very long ago a middle-aged man entered an electric light station in Massachusetts, and asked to have the quart bottle which he carried with him filled with electricity. On being questioned as to the use se intended to make of the current after it had been "bottled off," he said that he had een assured that it was the best remedy known for removing lice from cattle, and he understood that it would be supplied at the station for 6 cents a gallon. Of course a joke had been played on him, but the incident goes to show how very hazy the popular idea of electricity is. A great deal of this ignorance has been dissipated by the rapid advance of electrical applications, but campaign of education which will last out this century, and then their successors will reap a noble harvest from the pioneer work that has been done.

Long Distance Telephony.

Since the successful establishment of telephonic communication between London and Paris, great activity has been manifested in the extension of long distance lines in Surope. It is stated that the German and Austrian Governments have come to an understanding regarding the early institution of a telephone service between Berlin and Vienna. In Belgium many large commercial firms are agitating for telephonic com-munication between Ostend and London by means of a submarine cable from the former to Dover, and from the latter town to Lon-don by a land line. The working of the London-Paris line is being closely watched.

Entertaining the Public by Telephone. The possibility which has been frequently illustrated in this country, of extending the phere of entertainments beyond the walls within which they have been given, has been turned to practical account in Paris. A company, organized to promote a telephone theatrical service, has erected in various public places, such as cafes, clubs, restaurants, etc., a number of automatic telephone receivers by which, on introducing a 50centime piece, one is placed in communication for five minutes with theaters or concerts indicated on the apparatus. At present only four theaters are connected with the system, but the number is soon to be inthe system, but the number is soon to be in-creased. It is proposed to supplement this public service by a private service, availa-ble for all subscribers. On payment of 15 francs monthly a subscriber will be able to connect with any theater during the entire performance, and for any number of listeners. The price just named will give the use of two receivers. The addition of extra telephones, so that several persons may hear at once, will entail a further charge of 2 francs per pair per month. In point of fact a host will be able to give a theater party rithout putting his guests to the necessity of leaving his drawing room.

Up at New Haven a young man lately

wished to send a note to his sweetheart as to an engagement on Sunday evening. The nessage was entrusted to No. 14, who, under the stimulus of an extra tip, started out swiftly for the distant suburbs. When he arrived at the young lady's house and rang the bell her father loomed up from around the fence and wanted to know the boy's

On being informed, he wanted that note at once. No. 14 told him he couldn't have it: notes were to be delivered only to the irate father made a grab at the boy, but was irate father made a grab at the boy, but was not quick enough, and so gave chase to the youngster all the way back to the office, swearing he would have the note from that "dude" anyhow. The messenger boy got in first, tired out and breathless and told the manager of the occurrence. "Where's the note?" asked the manager. "I've swallowed it," said the boy; "I thought that if I hid it in my pocket the man might find it if he caught me, so I chewed it up in little

bits while I was running!"

Just as he finished telling his story in came the puffing and indiguant father. Even if the note had been still in existence. it is needless to say he would not have

got it. A Central Station Revolution.

When central electric lighting stations were established, especially those for incanlescent service, it was the practice to run a large number of dynamos either from lines of shafting or belted to engines of about their own borse power. In stations of the largest type a new departure has been made, and instead of having a large number of comparatively small units to generate current, with the consequent higher consumpetc., the capacity of the plant is concen-trated in a few big units, the dynamos and engines alike being of hundreds of horse power. In England some of the new stations have triple-expansion engines driving huge dynamos direct, the armatures serving practically as the wheels. Mr. Edison has been giving special attention to this matter, because he sees in it the absolute realization of his promise that electric lighting should be as cheap as gus for our homes

STOCK ENTIRELY NEW.

FINE WALL PAPER AT ALL PRICES.

WM. TRINKLE & CO.,

541 WOOD ST.

Dealers in "Lincrusta Walton.

N. B .- Our large sales are reducing our stock, and those who desire the advantage of selecting from a large stock of fine new goods should come at once. WM. TRINKLE & CO. should come at once.

A Beautiful Combination.

tiny sprays of pink roses; the frill at the waist and wrists is of gray chiffor. A gray felt hat trimmed with gray illusion and roses sans tenilles completes this pretty get up. Pearl and silver gravs, beige, dove color and soft browns appear in the lighter cloths, and are generally embroidered round the bottom, in black, or gold, or silver, and very often in the same color as the dress itself with an inner thread of gold or silver. The designs are legion, and are as a rule geometrical, either broad in front and narrowing at the sides, or the same all round with long points reaching more than half way up the skirt. I saw one of these dresses in silver gray cloth with a light scroll pat-tern in black and silver. It had a long Louis XV. watstcoat showing underneath the short plain coat, which with the large pockets and the sleeves were entirely cov-ered with embroidery. The coat was long

white crepe de chine. The sleeves were big at the top and close at the wrists, and on be used in the embroideries with which the dresses literally sparkle nowadays. Bold conventional designs of flowers have the petals worked in silk, either corresponding same design, sometimes only one. One of the most brilliant things I have seen for some time is a fringe to be used on a dinner dress with emerald green velvet panels and tra's, and a pettiesat of vieux rose faille dra ed with knots of ribbon in a darker shade of the same color. The fringe appears in tabs lined with the palest cau-de-nil satia, and ly se on an underniese of the same. The fringe is in emerald green chenelle and silk with a dramond beading sevselves, and the little additions to dress, such as ruffles, jabots, pelerines, etc., are

The strawberry season is now coming in and the opportunity will soon be offered of Isaak Walton, that prince of epicures, has left on record that famous saving of a great-"We may sty of angling," says Old

off each other's merits."

Besides possessing the properties which peculiarly belong to it, it is nutritious and very wholesome. The fruit is frequently

not allowed. It is sub-acid (that is, moderately acid), and cooling, but singularly creates no acidity in the stomach.

Strawberries brought from the South have already made their appearance in the market. They do not, however, ordinarily become plentiful until about the middle of May, from which time on until about the

Strawberry Sponge.

Strawberry Whip.

Strawberry Salad.

Strawberry Puff Pudding.

Preserved Strawberries.

Strawberry Sauce.

whipped cream. Strawberry Trifle.

Strawberries in Jelly.

Strawberry Short Cake,

Strawberry Short Cake No. 2.

Strawberry Custard.

Strawberry Pudding.

Strawberry Dessert.

The Sad Experience of a College Professor Who Engaged a Cook.

white cloth, and at one end is a tea service-with a kettle of water boiling over an alcohol lamp, while at the other end is a service for chocolate. There should be flowers on the table and dishes containing bread and butter out as thin as a shaving. Cake and straw-

berries are always permissible. One or two
servants should be in attendance to carry
away soiled cups and saucers and to keep
the table looking fresh, but for the pouring
of the tea and chocolate there should always
be a lady who, like the hostess, should wear
a gown closed to the throat, for nothing is
worse form nowadays than full dress before
dinner; and, of course, without a bonnet.

Details of the Service. When tea is served every afternoon at 5 o'clock whether or no there are any visitors as is often the case in many houses, the servant, who, if a woman, should always in the afternoon wear a plain black gown with a white cap and apron, should place a small, low table before the lady of the house and lay a pretty white cloth upon it. She should then bring in a large tray, upon which are the tea service and a plate of bread and butter, or cake, or both, and place it upon the table and then retire, but to remain within call though out of sight, in case she should The best rule for making ten is the old-

fashioned one: "One teaspoonful for each person and one for the pot." The pot should first be rinsed with hot water, then the tea put in and upon it hot water enough to cover the leaves poured, which is at the moment boiling. This should stand for five minutes, then fill up the pot with more boiling water and pour it immediately. Some persons prefer lemon in their tea to cream, and it is a good rian to have some thin slices cut for the purpose in a pretty little dish on the tray. A bowl of cracked ice is also a pleasant addition in summer, iced tea being a most refreshing drink in hot weather. Neither plates nor napkins ever appear at this informal and cozy meal.

Utility of the Five O'clock Tea. A guest arriving at this time in the afternoon should always be offered a cup of tea. Afternoon tea in small cities or in the country, in villages and academic towns can be made a most agreeable and ideal entertainment for the official presentation of a daughter or for the means of seeing one's friends. But in the busy winter season of a large city it should not be made an excuse for giving up the evening party or the dinner, lunch or ball. It is not all these, it is simply "itself," and it should be a refuge for those women who are tired of balls, of over-dressing, dancing, visiting and shopping. It is also very dear to the young who find that convenient tea table a good arena for first atons.

It is a form of entertainment which allows one to dispense with etiquette and to save time. A lady or gentleman who receives an invitation to an afternoon tea, and makes his visit, leaving his card behind him, has done his duty; he need not make another call, the acquaintance is established. Nor need a lady do more than leave her card on the day of the tea; her duties are then over for the season, unless a dinner in-vitation follows. This is a great boon to an overworked society woman, who cannot get around to make all her calls. In Country Towns and Philadelphia.

Five o'clock teas should be true to their name, nor should any other refreshment be offered than tea, thin bread and butter and little cakes. If other eatables are offered the tea becomes a reception. There is a high tea which takes the place of dinner on Sunday evenings in cities, which is a very pretty entertainment. In small rural cities in the country, they take the place of din in the country, they take the place of dinners. They were formerly very fashionable
in Philadelphia. It was the opportunity to
offer hot rolls and butter, scollopped oysters,
fried chicken, delicately slived cold ham,
waffles, and hot cake "preserves"—alas,
since the days of canning who offers the
delicitous preserves of the past?

The hostess sits behind her silver urn and
pours the hot tea or coffee or chocolote, and
presses the guest to take another waffle. It
is a delightful meal, and has no prototype in
any country but our own. It is doubtful,

any country but our own. It is doubtful, however, whether the high tea will ever be popular in America, in large cities at least with the custom of 7 o'clock dinners. People find them a violent change of living, which is always a challenge to indigestion. Some wit said that he always liked "to eat hot mince pie just before he went to bed, for then he always knew what hurt him." I can take high tea on Sunday evening, after having dined all the week at 7 o'clock, and a pain in his chest will cell him that the hot waffle, the cold tongue, the peach preserve and that last cup of tea mean mischief.

M. H. W. SHERWOOD,

THE LOVERS SCALED THE FENCE.

A Pretty Story About a Russian Attache and His American Perhaps one of the happiest of the long list of marriages between American girls and foreigners is that of the eldest daughter of General Edward Seale, now the wife of Mr. Bakhmetieff, of Rassia, Secretary of Legation at Athens. Twelve or 13 years ago, as an attache of the Russian legation, the young foreigner met and at once felt desperately in love with Miss Beale. The young people carried on their lovemaking under the cover of friendly darkness in Lafavatte.

people carried on their lovemaking under the cover of friendly darkness in Lafayette square, Washington.

One night the watchman went his rounds, as usual, and, thinking the square to be empty, carefully locked the gates and de-parted to his home. Unconscious of this fact, the lovers roused from their absorbing conversation and prepared to leave the square. Their consternation at finding them-selves imprisoned was (in no wise improved by the subsequent discovery that not a soul

by the subsequent discovery that not a soul seemed to be stirring on the streets who could come to their rescue.

There was no help for it. The only way There was no neip for it. The only way out of the difficulty was to climb the massive iron spike fence. With great difficulty the young lady climbed to the top, when, to her horror, just as her feet sought to secure a resting place in the descent, the gruff voice of a policeman shouted menacingly in their

Rapidly giving directions in French to Rapidly giving directions in French to Miss Beale to proceed with all speed possible and run for home while he engaged the intruder in conflict. Mr. Bakhmetieff successfully tusseled with the fellow until, happy in the knowledge that his instructions had been carried out, he gave himself into the custody of the officers, knowing that, as a member of a foreign legation, he would be liberated immediately upon arrival at headquarters.

rival at headquarters,

WOMAN AND HER MISSION. Brooke Herford's Beautiful Couplet Applied to the Convention Female.
One of the tenderest bits of poetry ever

Ideal Woman." And in her wake the beaten track appears A little greener where her feet have trod. That this is true individually there is no doubt, but is the truth of the couplet applicahie to all the many conventions and meet ings of women that are held? Is the world better for them? Theodore Parker answered such a query by calling the errors, which crop forth in assemblies that have noble purposes in view. "They dust from the wagon wheels bringing home the harvest."

erience observing \ lads and men training, declares running in the open air to be the best of all exercises. He recommends "all-around" work, such as boxing, handball, jumping and single and parallel bar exercise, these, in his judgment, being adapted to most naturally develop the body as a whole, and normally develop the exterior muscles, while at the same time benefiting the wital organs.

Running the Best Exercise,
A "trainer," who has had 30 years' ex